## **WHAT IS CLAIMED IS:**

1. An easy open closure for a container, comprising:

a main body portion that is adapted to be secured to a container, said main body portion having sealing means that is positioned to prevent fluid from the container from escaping from the container through said main body portion;

a plunger member mounted for movement within said main body portion, said plunger member having a pouring opening and a passage defined therein that is in communication with both said pouring opening and a space within said main body portion that is defined in part by said sealing means, and wherein said plunger member is movable between a first position and a second position wherein said sealing means is breached, thereby permitting fluid from the container to flow through said passage to said pouring opening.

- 2. An easy open closure for a container according to claim 1, wherein said sealing means is integrally molded with said main body portion.
- 3. An easy open closure for a container according to claim 2, wherein said sealing means has a pre-weakened area defined therein that is adapted to be contacted by said plunger member when said plunger member is moved from said first position to said second position.
- 4. An easy open closure for a container according to claim 1, wherein said plunger member comprises a force concentration member for exerting pressure on said sealing means when said plunger member is moved from said first position to said second position.
- 5. An easy open closure for a container according to claim 4, wherein said force concentration member comprises a tapered projection that is constructed and arranged to pierce said sealing means when said plunger member is moved from said first position to said second position.

6. An easy open closure for a container according to claim 4, wherein said passage is defined in part within said force concentration member.

- 7. An easy open closure for a container according to claim 6, further comprising a second opening defined at a distal end of said force concentration member, said second opening being in communication with said passage, and wherein said distal end of said force concentration member is configured to extend beyond said sealing means into said container when said plunger member is in said second position.
- 8. An easy open closure for a container according to claim 1, wherein said plunger member has a relatively flat upper surface, whereby a consumer who is physically handicapped will be more likely to be able to depress said plunger member in order to move said plunger member from said first position to said second position.
- 9. An easy open closure for a container according to claim 1, wherein said plunger member is constructed and arranged to seal against said main body portion so that no fluid from the container may escape through the closure when the plunger is in the second position other than through said passage in said pouring opening.
- 10. An easy open closure for a container according to claim 1, wherein said main body portion is molded from a plastic material.
- 11. An easy open closure for a container according to claim 1, wherein said plunger is molded from a plastic material.

12. An easy open closure for a container according to claim 1, further comprising releasable protective means for selectively preventing depression of said plunger from said first position to said second position.

- 13. An easy open closure for a container according to claim 12, wherein said releasable protective means comprises a cover member that is adapted to be fitted on to said main body portion.
- 14. An easy open closure for a container according to claim 13, wherein said cover member is hingedly mounted to said main body portion.
- 15. An easy open closure for a container according to claim 14, wherein said cover member is integrally molded with said main body portion.
- 16. A method of opening a closure for a container, comprising:
  - (a) removing protective structure that prevents the depression of a plunger member;
  - (b) depressing the plunger member; and
- (c) dispensing liquid from the container through a passage that is defined in the plunger member.
- 17. A method of opening a closure for a container according to claim 16, wherein said step of removing protective structure comprises lifting a cover member in order to expose an upper portion of the plunger member.

18. A method of opening a closure for a container according to claim 16, wherein said step of depressing the plunger member is performed by exerting a downward force on a relatively flat upper surface of the plunger member.

19. A method of opening a closure for a container according to claim 16, wherein said step of depressing the plunger member includes actuating the plunger member to breach a sealing structure that would otherwise present dispensing of liquid from the container.